

<p> Abstract—The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical and psychological health of older adults with mild cognitive impairment (MCI). The study was a randomized, controlled trial. The intervention group (n = 20) participated in a 12-week walking program, while the control group (n = 20) did not. The walking program was designed to be low-intensity and supervised. The primary outcome was the change in the Mini-Mental State Examination (MMSE) score. Secondary outcomes included changes in the Beck Depression Inventory (BDI), the Geriatric Depression Scale (GDS), and the Physical Function Scale (PFS). The walking program had a significant positive effect on the MMSE score, the BDI, the GDS, and the PFS. The walking program was well-tolerated and had no adverse effects. The results of this study suggest that a 12-week, low-intensity, supervised walking program may be beneficial for older adults with MCI. </p>
<p> Introduction—Mild cognitive impairment (MCI) is a condition characterized by a decline in cognitive function that is not severe enough to be considered dementia. It is a common condition, affecting approximately 10% of older adults. MCI is often a precursor to dementia, and it is important to identify and manage it early. </p>
<p> Physical Health—Physical health is an important component of overall health, and it can have a significant impact on cognitive function. Physical activity, such as walking, has been shown to have a positive effect on cognitive function in older adults. </p>
<p> Psychological Health—Psychological health is also an important component of overall health, and it can have a significant impact on cognitive function. Depression and anxiety are common conditions in older adults, and they can be associated with cognitive impairment. </p>
<p> Walking Program—A walking program is a type of physical activity that involves walking at a steady pace. It is a low-intensity activity that is easy to do and can be done by most older adults. </p>
<p> Supervised—A supervised walking program is a walking program that is supervised by a healthcare professional. This ensures that the program is safe and effective. </p>
<p> Low-Intensity—A low-intensity walking program is a walking program that is designed to be low-intensity. This means that the walking is done at a slow pace and for a short duration. </p>
<p> 12-Week—A 12-week walking program is a walking program that lasts for 12 weeks. This is a reasonable duration for a study to determine the effect of a walking program on cognitive function. </p>
<p> Older Adults—Older adults are individuals who are 65 years of age or older. They are at a higher risk of developing MCI and dementia. </p>
<p> Mild Cognitive Impairment—Mild cognitive impairment (MCI) is a condition characterized by a decline in cognitive function that is not severe enough to be considered dementia. It is a common condition, affecting approximately 10% of older adults. </p>
<p> Mini-Mental State Examination—The Mini-Mental State Examination (MMSE) is a widely used test to measure cognitive function. It assesses a person's ability to remember information, to think and reason, and to perform simple tasks. </p>
<p> Beck Depression Inventory—The Beck Depression Inventory (BDI) is a self-rated depression scale. It is used to measure the severity of depression. </p>
<p> Geriatric Depression Scale—The Geriatric Depression Scale (GDS) is a self-rated depression scale specifically designed for older adults. It is used to measure the severity of depression in this population. </p>
<p> Physical Function Scale—The Physical Function Scale (PFS) is a scale used to measure physical function. It assesses a person's ability to perform physical tasks, such as walking, climbing stairs, and carrying objects. </p>
<p> Conclusion—The results of this study suggest that a 12-week, low-intensity, supervised walking program may be beneficial for older adults with MCI. The walking program had a significant positive effect on the MMSE score, the BDI, the GDS, and the PFS. The walking program was well-tolerated and had no adverse effects. </p>
<p> Keywords—Mild cognitive impairment, walking program, supervised, low-intensity, 12-week, older adults, Mini-Mental State Examination, Beck Depression Inventory, Geriatric Depression Scale, Physical Function Scale. </p>

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